

Master's Degree

Sports Nutrition in Special Populations

Accreditation/Membership



tech global
university



Master's Degree Sports Nutrition in Special Populations

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/master-degree/master-sports-nutrition-special-populations

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01

Introduction to the Program

Sports Nutrition in Special Populations is a key field that has gained prominence in recent years due to its direct impact on health and performance. According to a study by the National Institute of Public Health, approximately 30% of athletes in populations with chronic conditions do not receive adequate nutritional guidance. In response to this issue, TECH Global University has developed an academic program aimed at providing a comprehensive and personalized approach to Sports Nutrition for these groups. Through an innovative methodology, this academic opportunity is offered 100% online, with interactive educational materials that allow for a flexible and accessible learning experience, tailored to the demands of professional practice.



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A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with The Chartered Association of Sport and Exercise Sciences”

The nutritional approach adapted to special populations has become a field aimed at optimizing physical health, preventing injuries, and accelerating recovery through personalized nutrition, taking into account the particularities of each individual.

In response to this, TECH's curriculum stands out for its detailed focus on the comprehensive assessment of athletes, covering everything from functional evaluation tools to key nutritional indicators. Additionally, a rigorous analysis of muscle and metabolic physiology will be incorporated, allowing for an in-depth understanding of the biological processes involved in performance and recovery, facilitating evidence-based nutritional decision-making.

Therefore, this university program will provide professionals with specialized tools to effectively address the nutritional needs of athletes in special populations. In this way, they will be prepared to offer comprehensive, science-based solutions in Nutrition and Sports, tailored to the specific characteristics of each individual.

Finally, TECH Global University's methodology stands out for its flexible and accessible approach, as it is delivered 100% online, allowing professionals to access the content at any time, from any device with an internet connection. Through the Relearning method, knowledge retention is facilitated in a continuous and dynamic manner. Moreover, this university qualification will feature 10 Masterclasses led by a prestigious International Guest Director, ensuring an up-to-date academic experience with the latest trends and advancements in Sports Nutrition.

Additionally, thanks to the membership in The Chartered Association of Sport and Exercise Sciences (CASES), students will gain access to exclusive educational resources, discounts on events and specialized publications, and practical benefits such as professional insurance. They will also be able to join an active community, participate in committees, and obtain accreditations that enhance their development, visibility, and professional prospects in the field of sports and exercise science.

This **Master's Degree in Sports Nutrition in Special Populations** contains the most complete and up-to-date university program on the market.

Its most notable features are:

- ♦ The development of case studies presented by experts in Nutrition in Special Population Groups.
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



You will learn the most appropriate diets for each type of athlete through 10 Masterclasses delivered by a renowned International Guest Director with extensive experience in Sports Nutrition”

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You will become an expert in the energy requirements and hydration needs of athletes, acquiring practical knowledge on how to optimize nutritional intake”

The faculty includes professionals from the field of Sports Nutrition in Special Populations, who bring their practical experience to this program, along with recognized specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will manage the injury recovery period of athletes, acquiring essential skills to intervene effectively in their rehabilitation.

You will conduct a comprehensive assessment of the athlete, analyzing their physical condition and identifying potential imbalances.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

Forbes
The best online university in the world

The most complete
syllabus

The most complete syllabuses on the university scene

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

TOP
international faculty

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

World's No.1
The World's largest online university

The most effective methodology

A unique learning method

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

As a complement to the development of this university program, this innovative academic pathway will delve into various important topics. In fact, Sports Nutrition for para-athletes will be analyzed, considering the specific needs of these athletes to optimize their performance and prevent injuries. Additionally, the impact of veganism on sports will be addressed, evaluating how a plant-based diet can influence physical performance and recovery. The program will also explore the metabolic differences experienced by individuals with diabetes during exercise, enabling professionals to develop personalized nutritional strategies to maximize their athletic performance.





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You will delve into essential topics in Sports Nutrition for para-athletes, addressing their specific needs to optimize their performance”

Module 1. Muscle and Metabolic Physiology Associated with Exercise

- 1.1. Cardiovascular Adaptations Related to Exercise
 - 1.1.1. Increased Systolic Volume
 - 1.1.2. Decreased Heart Rate
- 1.2. Ventilatory Adaptations Related to Exercise
 - 1.2.1. Changes in the Ventilatory Volume
 - 1.2.2. Changes in Oxygen Consumption
- 1.3. Hormonal Adaptations Related to Exercise
 - 1.3.1. Cortisol
 - 1.3.2. Testosterone
- 1.4. Muscle Structure and Types of Muscle Fibers
 - 1.4.1. Muscle Fiber
 - 1.4.2. Type I Muscle Fiber
 - 1.4.3. Type II Muscle Fibers
- 1.5. The Concept of Lactic Threshold
- 1.6. ATP and Phosphagen Metabolism
 - 1.6.1. Metabolic Pathways for ATP Resynthesis during Exercise
 - 1.6.2. Phosphagen Metabolism
- 1.7. Carbohydrate Metabolism
 - 1.7.1. Carbohydrate Mobilization during Exercise
 - 1.7.2. Types of Glycolysis
- 1.8. Lipid Metabolism
 - 1.8.1. Lipolysis
 - 1.8.2. Fat Oxidation during Exercise
 - 1.8.3. Ketone Bodies
- 1.9. Protein Metabolism
 - 1.9.1. Ammonium Metabolism
 - 1.9.2. Amino Acid Oxidation
- 1.10. Mixed Bioenergetics of Muscle Fibers
 - 1.10.1. Energy Sources and their Relation to Exercise
 - 1.10.2. Factors Determining the Use of One or Another Energy Source during Exercise

Module 2. Evaluation of the Athlete at Different Times of the Season

- 2.1. Biochemical Evaluation
 - 2.1.1. Blood Count
 - 2.1.2. Overtraining Markers
- 2.2. Anthropometric Assessment
 - 2.2.1. Body Composition
 - 2.2.2. ISAK Profile
- 2.3. Preseason
 - 2.3.1. High Workload
 - 2.3.2. Assuring Caloric and Protein Intake
- 2.4. Competitive Season
 - 2.4.1. Sports Performance
 - 2.4.2. Recovery between Games
- 2.5. Transition Period
 - 2.5.1. Vacation Period
 - 2.5.2. Changes in Body Composition
- 2.6. Travel
 - 2.6.1. Tournaments during the Season
 - 2.6.2. Off-Season Tournaments (World Cups, European Cups and The Olympic Games)
- 2.7. Athlete Monitoring
 - 2.7.1. Basal Athlete Status
 - 2.7.2. Evolution during the Season
- 2.8. Sweat Rate Calculation
 - 2.8.1. Hydric Losses
 - 2.8.2. Calculation Protocol
- 2.9. Multidisciplinary Work
 - 2.9.1. The Role of the Nutritionist in the Athlete's Environment
 - 2.9.2. Communication with the Rest of the Areas
- 2.10. Doping
 - 2.10.1. WADA List
 - 2.10.2. Anti-Doping Tests

Module 3. Aquatic Sports

- 3.1. History of Aquatic Sports
 - 3.1.1. Olympics and Major Tournaments
 - 3.1.2. Aquatic Sports Today
- 3.2. Performance Limitations
 - 3.2.1. In Water-Based Aquatic Sports (Swimming, Water Polo)
 - 3.2.2. In Surface Aquatic Sports (Surfing, Sailing, Canoeing...)
- 3.3. Basic Characteristics of Aquatic Sports
 - 3.3.1. Water-Based Aquatic Sports (Swimming, Water Polo)
 - 3.3.2. Surface Aquatic Sports (Surfing, Sailing, Canoeing)
- 3.4. Aquatic Sports Physiology
 - 3.4.1. Energy Metabolism
 - 3.4.2. Athlete Biotype
- 3.5. Education
 - 3.5.1. Strength
 - 3.5.2. Resistance
- 3.6. Body Composition
 - 3.6.1. Swimming
 - 3.6.2. Water Polo
- 3.7. Pre-Competition
 - 3.7.1. 3 Hours Before
 - 3.7.2. 1 Hour Before
- 3.8. Pre-Competition
 - 3.8.1. Carbohydrates
 - 3.8.2. Hydration
- 3.9. Post-Competition
 - 3.9.1. Hydration
 - 3.9.2. Protein
- 3.10. Ergogenic Aids
 - 3.10.1. Creatine
 - 3.10.2. Caffeine

Module 4. Adverse Conditions

- 4.1. The History of Sport in Extreme Conditions
 - 4.1.1. Winter Competitions throughout History
 - 4.1.2. Competitions in Hot Environments Today
- 4.2. Performance Limitations in Hot Climates
 - 4.2.1. Dehydration
 - 4.2.2. Fatigue
- 4.3. Basic Characteristics in Hot Climates
 - 4.3.1. High Temperature and Humidity
 - 4.3.2. Acclimatization
- 4.4. Nutrition and Hydration in Hot Climates
 - 4.4.1. Hydration and Electrolytes
 - 4.4.2. Carbohydrates
- 4.5. Performance Limitations in Cold Climates
 - 4.5.1. Fatigue
 - 4.5.2. Bulky Clothing
- 4.6. Basic Characteristics in Cold Climates
 - 4.6.1. Extreme Cold
 - 4.6.2. Reduced VO_{max}
- 4.7. Nutrition and Hydration in Cold Climates
 - 4.7.1. Hydration
 - 4.7.2. Carbohydrates

Module 5. Vegetarianism and Veganism

- 5.1. Vegetarianism and Veganism in the History of Sport
 - 5.1.1. The Beginnings of Veganism in Sport
 - 5.1.2. Vegetarian Athletes Today
- 5.2. Different Types of Vegetarian Food
 - 5.2.1. The Vegan Athlete
 - 5.2.2. The Vegetarian Athlete
- 5.3. Common Errors in the Vegan Athlete
 - 5.3.1. Energy Balance
 - 5.3.2. Protein Consumption

- 5.4. Vitamin B12
 - 5.4.1. B12 Supplementation
 - 5.4.2. Bioavailability of Spirulina Algae
- 5.5. Protein Sources in the Vegan/Vegetarian Diet
 - 5.5.1. Protein Quality
 - 5.5.2. Environmental Sustainability
- 5.6. Other Key Nutrients in Vegans
 - 5.6.1. Conversion of ALA to EPA/DHA
 - 5.6.2. Fe, Ca, Vit-D and Zn
- 5.7. Biochemical Assessment/Nutritional Deficiencies
 - 5.7.1. Anemia
 - 5.7.2. Sarcopenia
- 5.8. Vegan Diet vs. Omnivorous Diet
 - 5.8.1. Evolutionary Diet
 - 5.8.2. Current Diet
- 5.9. Ergogenic Aids
 - 5.9.1. Creatine
 - 5.9.2. Plant-Based Protein
- 5.10. Factors that Decrease Nutrient Absorption
 - 5.10.1. High Fiber Intake
 - 5.10.2. Oxalates
- 6.4. Exercise in People with Type 2 Diabetes. Blood Sugar Control
 - 6.4.1. Risks of Physical Activity in People with Type 2 Diabetes
 - 6.4.2. Benefits of Exercise in People with Type 2 Diabetes
- 6.5. Exercise in Children and Adolescents with Diabetes
 - 6.5.1. Metabolic Effects of Exercise
 - 6.5.2. Precautions during Exercise
- 6.6. Insulin Therapy and Exercise
 - 6.6.1. Insulin Infusion Pump
 - 6.6.2. Types of Insulins
- 6.7. Nutritional Strategies during Sport and Exercise in Type 1 Diabetes
 - 6.7.1. From Theory to Practice
 - 6.7.2. Carbohydrate Intake Before, During and After Physical Exercise
 - 6.7.3. Hydration Before, During and After Physical Exercise
- 6.8. Nutritional Planning in Endurance Sports
 - 6.8.1. Marathon
 - 6.8.2. Cycling
- 6.9. Nutritional Planning in Team Sports
 - 6.9.1. Football
 - 6.9.2. Rugby
- 6.10. Sports Supplements and Diabetes
 - 6.10.1. Potentially Beneficial Supplements for Athletes with Diabetes

Module 6. The Type 1 Diabetic Athlete

- 6.1. Knowing about Diabetes and its Pathology
 - 6.1.1. The Incidence of Diabetes
 - 6.1.2. Pathophysiology of Diabetes
 - 6.1.3. The Consequences of Diabetes
- 6.2. Exercise Physiology in People with Diabetes
 - 6.2.1. Maximal, Submaximal Exercise and Muscle Metabolism during Exercise
 - 6.2.2. Differences in the Metabolic Level during Exercise in People with Diabetes
- 6.3. Exercise in People with Type 1 Diabetes
 - 6.3.1. Exercise in People with Type 1 Diabetes
 - 6.3.2. Exercise Duration and Carbohydrate Intake

Module 7. Parathletes

- 7.1. Classification and Categories in Parathletes
 - 7.1.1. What is a Parathlete?
 - 7.1.2. How are Parathletes Classified?
- 7.2. Sports Science in Parathletes
 - 7.2.1. Metabolism and Physiology
 - 7.2.2. Biomechanics
 - 7.2.3. Psychology
- 7.3. Energy Requirements and Hydration in Parathletes
 - 7.3.1. Optimal Energy Demands for Training
 - 7.3.2. Hydration Planning before, during and after Training and Competitions

- 7.4. Nutritional Problems in the Different Categories of Para Athletes According to Pathology or Anomaly
 - 7.4.1. Spinal Cord Injuries
 - 7.4.2. Cerebral Palsy and Acquired Brain Injuries
 - 7.4.3. Amputees
 - 7.4.4. Vision and Hearing Impairment
 - 7.4.5. Intellectual Impairments
- 7.5. Nutritional Planning in Para Athletes with Spinal Cord Injury and Cerebral Palsy and Acquired Brain Injuries
 - 7.5.1. Nutritional Requirements (Macro and Micronutrients)
 - 7.5.2. Sweating and Fluid Replacement during Exercise
- 7.6. Nutritional Planning in Amputee Parathletes
 - 7.6.1. Energy Requirements
 - 7.6.2. Macronutrients
 - 7.6.3. Thermoregulation and Hydration
 - 7.6.4. Nutritional Issues Related to Prosthetics
- 7.7. Nutritional Planning and Issues in Parathletes with Visual Impairments, Hearing Impairments, and Intellectual Disabilities
 - 7.7.1. Sports Nutrition Issues in Parathletes with Visual Impairments: Retinitis Pigmentosa, Diabetic Retinopathy, Albinism, Stargardt Disease, and Auditory Pathologies
 - 7.7.2. Sports Nutrition Issues in Parathletes with Intellectual Disabilities: Down Syndrome, Autism, Asperger Syndrome, and Phenylketonuria
- 7.8. Body Composition in Parathletes
 - 7.8.1. Measurement Techniques
 - 7.8.2. Factors Influencing the Reliability of Different Measurement Methods
- 7.9. Pharmacology and Nutrient Interactions
 - 7.9.1. Different Types of Drugs Taken by Parathletes
 - 7.9.2. Micronutrient Deficiencies in Parathletes
- 7.10. Ergogenic Aids
 - 7.10.1. Potentially Beneficial Supplements for Parathletes
 - 7.10.2. Adverse Effects on Health and Contamination and Doping Problems Due to the Intake of Ergogenic Aids

Module 8. Sports by Weight Category

- 8.1. Characteristics of the Main Sports by Weight Category
 - 8.1.1. Regulation
 - 8.1.2. Categories
- 8.2. Programming of the Season
 - 8.2.1. Competitions
 - 8.2.2. Macrocycle
- 8.3. Body Composition
 - 8.3.1. Combat Sports
 - 8.3.2. Weightlifting
- 8.4. Stages of Muscle Mass Gain
 - 8.4.1. % Body Fat
 - 8.4.2. Programming
- 8.5. Definition Stages
 - 8.5.1. Carbohydrates
 - 8.5.2. Protein
- 8.6. Pre-Competition
 - 8.6.1. *Peek Week*
 - 8.6.2. Before Weighing
- 8.7. Per-Competition
 - 8.7.1. Practical Applications
 - 8.7.2. *Timing*
- 8.8. Post-Competition
 - 8.8.1. Hydration
 - 8.8.2. Protein
- 8.9. Ergogenic Aids
 - 8.9.1. Creatine
 - 8.9.2. *Whey Protein*

Module 9. Different Stages or Specific Population Groups

- 9.1. Nutrition in the Female Athlete
 - 9.1.1. Limiting Factors
 - 9.1.2. Requirements
- 9.2. Menstrual Cycle
 - 9.2.1. The Luteal Phase
 - 9.2.2. Follicular Phase
- 9.3. Triad
 - 9.3.1. Amenorrhea
 - 9.3.2. Osteoporosis
- 9.4. Nutrition in the Pregnant Female Athlete
 - 9.4.1. Energy Requirements
 - 9.4.2. Micronutrients
- 9.5. The Effects of Physical Exercise on the Child Athlete
 - 9.5.1. Strength Training
 - 9.5.2. Endurance Training
- 9.6. Nutritional Education in the Child Athlete
 - 9.6.1. Sugar
 - 9.6.2. Eating Disorders
- 9.7. Nutritional Requirements in the Child Athlete
 - 9.7.1. Carbohydrates
 - 9.7.2. Proteins
- 9.8. Changes Associated with Aging
 - 9.8.1. Body Fat Percentage
 - 9.8.2. Muscle Mass
- 9.9. Main Issues in Senior Athletes
 - 9.9.1. Joints
 - 9.9.2. Cardiovascular Health
- 9.10. Interesting Supplements for Senior Athletes
 - 9.10.1. *Whey Protein*
 - 9.10.2. Creatine





Module 10. The Injury Period

- 10.1. Injury Prevention
- 10.2. Acute vs. Chronic Inflammation
- 10.3. Resolution of Inflammation
- 10.4. Phases of Injury
- 10.5. Post-Operative
- 10.6. Body Composition
- 10.7. Energy Requirements
- 10.8. Nutritional Approach
- 10.9. Supplementation
- 10.10. The Return to Competition

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You will be able to identify and address nutritional issues in para-athletes with visual impairments”

04

Teaching Objectives

This innovative academic opportunity aims to develop specialized competencies in professionals to accurately assess the body composition of athletes, which is essential for designing appropriate nutritional and training interventions. Additionally, it will enable them to understand the structure of muscles and the different types of muscle fibers, which are fundamental elements for optimizing athletic performance. Through biochemical assessment, students will be trained to identify nutritional and physiological imbalances, enabling them to provide personalized recommendations. Together, these skills foster an integrated approach, improving the health and performance of athletes in specific contexts.





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You will accurately and effectively assess the body composition of athletes, which is essential for designing personalized nutritional interventions”



General Objectives

- ♦ Analyze the muscle and metabolic physiology related to exercise to understand its impact on sports performance
- ♦ Evaluate the athlete's physical condition at different times of the season to optimize their performance
- ♦ Explore the nutritional and physiological aspects of aquatic sports, adapting strategies to their specific demands
- ♦ Address adverse conditions that may affect sports performance, proposing adapted solutions
- ♦ Investigate the implications of vegetarianism and veganism on sports performance, proposing appropriate meal plans
- ♦ Design nutritional and training strategies for Type 1 diabetic athletes, optimizing their health and performance
- ♦ Develop specific interventions for para-athletes, considering their nutritional and training needs
- ♦ Optimize the performance of athletes in weight category sports, considering nutritional and metabolic factors



You will perform in high-complexity situations, perfecting advanced nutritional strategies for athletes with diabetes”





Specific Objectives

Module 1. Muscle and Metabolic Physiology Associated with Exercise

- ♦ Analyze cardiovascular and ventilatory adaptations to exercise, evaluating their impact on physical performance
- ♦ Investigate hormonal adaptations related to exercise, focusing on cortisol and testosterone
- ♦ Dive into muscle structure and different types of muscle fibers, highlighting their roles in sports performance
- ♦ Understand the concept of lactate threshold and its relevance in optimizing physical exercise
- ♦ Examine carbohydrate metabolism and its mobilization during exercise, analyzing glycolysis types
- ♦ Evaluate lipid metabolism, including lipolysis and fat oxidation, during exercise

Module 2. Evaluation of the Athlete at Different Times of the Season

- ♦ Assess biochemical evaluation of the athlete, analyzing hemograms and overtraining markers to adjust performance
- ♦ Conduct accurate anthropometric evaluations, focusing on body composition and ISAK profiles to personalize nutritional plans
- ♦ Monitor the athlete's evolution throughout different phases of the season, ensuring proper adjustment in recovery and performance
- ♦ Investigate fluid losses through the calculation of sweat rates, applying specific protocols to optimize hydration during physical activity

Module 3. Aquatic Sports

- ♦ Analyze performance limitations in aquatic sports, both in the water and on top of it, to optimize athlete preparation
- ♦ Investigate the basic characteristics of aquatic sports, highlighting differences among disciplines like swimming, water polo, surfing, sailing, and canoeing
- ♦ Evaluate the physiology of aquatic sports, focusing on energy metabolism and the ideal physique of the athlete
- ♦ Explore pre-competition, competition, and post-competition nutrition strategies, emphasizing hydration, carbohydrates, and proteins

Module 4. Adverse Conditions

- ♦ Evaluate performance limitations in hot climates, highlighting dehydration and fatigue as key factors
- ♦ Identify the characteristics of performance in hot climates, with emphasis on acclimatization and the influence of temperature and humidity
- ♦ Propose nutrition and hydration strategies for extreme heat conditions, focusing on electrolytes and carbohydrates
- ♦ Analyze factors limiting performance in cold climates, including fatigue and the impact of clothing on sports performance

Module 5. Vegetarianism and Veganism

- ♦ Analyze plant-based diets for athletes, addressing both vegan and vegetarian diets and their impact on performance
- ♦ Identify common mistakes in vegan athletes' diets, with emphasis on energy balance and adequate protein intake
- ♦ Evaluate common nutritional deficiencies in vegan diets, such as B12, iron, calcium, and zinc
- ♦ Compare vegan diets with omnivorous diets, highlighting evolutionary differences and current nutritional implications for athletes

Module 6. The Type 1 Diabetic Athlete

- ♦ Examine the pathophysiology of type 1 diabetes and its impact on metabolism during exercise
- ♦ Identify appropriate nutritional strategies for maintaining glycemic control in athletes with type 1 diabetes
- ♦ Analyze the effects of exercise on the blood sugar levels of individuals with type 1 diabetes and the precautions needed during physical activity
- ♦ Develop personalized nutritional plans for endurance and team sports, tailored to the needs of diabetic athletes

Module 7. Parathletes

- ♦ Explore optimal energy and hydration requirements for para-athlete training
- ♦ Analyze nutritional problems in para-athletes with spinal cord injuries and cerebral palsy
- ♦ Develop a nutrition plan for para-athletes with amputations, including thermoregulation and hydration strategies
- ♦ Identify specific nutritional issues for para-athletes with intellectual disabilities such as Down syndrome and Autism
- ♦ Examine body composition measurement techniques in parathletes and factors affecting their reliability
- ♦ Evaluate the effects of ergogenic aids on para-athletes' health, including doping risks

Module 8. Sports by Weight Category

- ♦ Analyze the characteristics and regulations of weight category sports, such as weightlifting and combat sports
- ♦ Establish a season programming plan for weight category sports, considering competitions and macrocycles
- ♦ Explore muscle mass gain stages, focusing on body fat percentage and proper planning
- ♦ Develop pre-competition nutritional strategies, including the importance of carbohydrates before weigh-ins and the concept of peak week

Module 9. Different Stages or Specific Population Groups

- ♦ Explore limiting factors and specific nutritional requirements for female athletes
- ♦ Analyze phases of the menstrual cycle (luteal and follicular) and their influence on female sports performance
- ♦ Identify risks associated with the female athlete triad, including amenorrhea and osteoporosis
- ♦ Evaluate the energy and micronutrient requirements for pregnant female athletes
- ♦ Examine the effects of physical exercise on child athletes, with a focus on strength and endurance training
- ♦ Address nutritional education for child athletes, especially concerning sugar and eating disorders

Module 10. The Injury Period

- ♦ Identify the stages of a sports injury and its implications for nutritional planning
- ♦ Differentiate between the physiological mechanisms of acute and chronic inflammation, and their influence on the athlete's nutritional status
- ♦ Apply specific dietary strategies to promote the resolution of inflammatory processes during the injury period
- ♦ Estimate energy and macronutrient requirements based on inactivity levels and the type of injury
- ♦ Select the most appropriate supplementation for each stage of the recovery process, based on scientific evidence
- ♦ Integrate nutritional guidelines into the return-to-competition plan, minimizing the risk of relapse and optimizing performance

05

Career Opportunities

This Master's Degree stands out by offering key tools and knowledge that will allow professionals in Sports Nutrition for Special Populations to access a wide range of opportunities. In this sense, graduates will master the most innovative dietary strategies, both to optimize the performance of athletes and to prevent the most common injuries. Additionally, graduates will be equipped to work successfully as consultants, providing personalized nutritional advice to athletes and sports organizations. As a result, experts will experience a significant leap in the quality of their careers.





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With an innovative approach, you will be able to coordinate high-impact nutritional projects aimed at different athletes or levels of competition”

Graduate Profile

The graduate will be capable of coordinating and leading nutritional projects for special populations, developing specific plans that optimize both performance and health. Their comprehensive approach will allow them to address nutritional needs in contexts such as diabetes, cardiovascular diseases, and/or disabilities, ensuring efficient interventions. Graduates will also master advanced techniques to evaluate and adjust dietary strategies, promoting prevention and treatment through nutrition. With this profile, graduates will contribute significantly to the well-being of vulnerable groups, addressing challenges professionally while maintaining a constant focus on innovation.

You will acquire the knowledge and skills necessary to design nutritional strategies that improve the well-being of special populations, such as pregnant women.

- ♦ **Effective Communication:** The ability to express ideas clearly and persuasively, both verbally and in writing, facilitating interaction and understanding in multidisciplinary environments
- ♦ **Teamwork:** The ability to collaborate effectively with other professionals, respecting diverse opinions and skills, which fosters the achievement of common goals
- ♦ **Critical Thinking:** The capacity to analyze complex situations from various perspectives, make informed decisions, and solve problems efficiently, applying evidence-based solutions
- ♦ **Time Management:** Competence in organizing and prioritizing tasks effectively, optimizing available resources to meet deadlines and objectives in dynamic environments





After completing the university program, you will be able to apply your knowledge and skills in the following positions:

- 1. Sports Nutrition Technician:** Responsible for designing personalized nutritional plans tailored to the needs of athletes, optimizing their physical performance and recovery.
- 2. Dietary Project and Supplementation Manager:** Tasked with overseeing and managing projects related to Sports Nutrition in various settings, ensuring the proper implementation of nutritional strategies.
- 3. Sports Nutrition Consultant:** Dedicated to providing advisory services to both institutions and high-performance athletes, guiding them on nutritional practices that enhance health and performance.
- 4. Nutritional Program Advisor in Sports Centers:** Focused on managing nutritional programs and strategies in high-performance centers, ensuring athletes follow appropriate dietary plans.

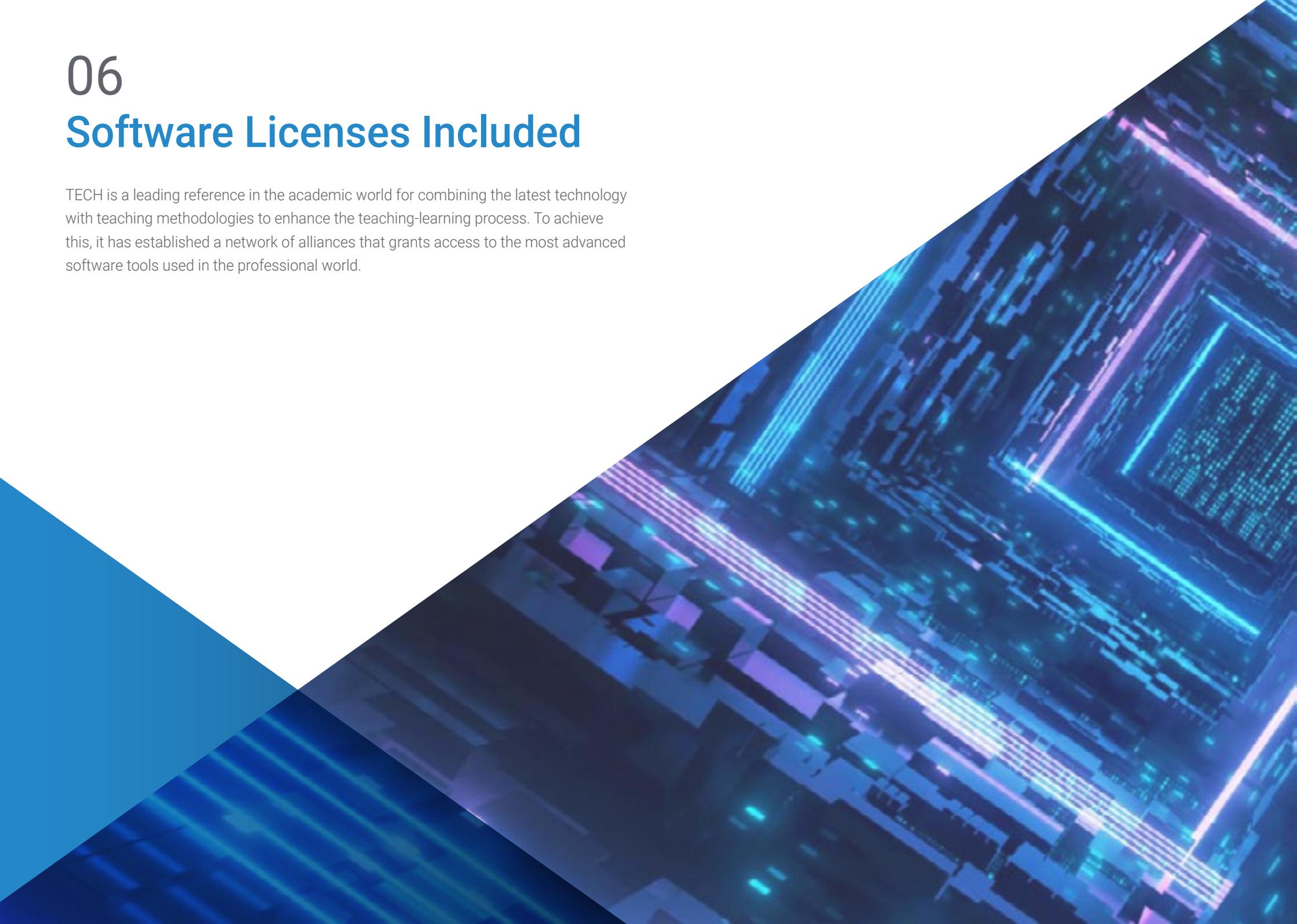


You will develop skills to assess nutritional status and energy requirements based on physical activity and even clinical context”

06

Software Licenses Included

TECH is a leading reference in the academic world for combining the latest technology with teaching methodologies to enhance the teaching-learning process. To achieve this, it has established a network of alliances that grants access to the most advanced software tools used in the professional world.



“

Upon enrolling, you will receive, completely free of charge, academic credentials for the following professional software applications”

TECH has established a network of professional alliances with the leading providers of software applied to various professional fields. These alliances allow TECH to access hundreds of software applications and licenses, making them available to its students.

The academic software licenses will allow students to use the most advanced applications in their professional field, so they can become familiar with them and master their use without incurring additional costs. TECH will handle the hiring process so that students can use these resources indefinitely while studying the Master's Degree in Sports Nutrition for Special Populations, and they will be able to do so completely free of charge.

TECH will provide free access to the following software applications:

DIETOPRO.COM
software de gestión dietético-nutricional

i-Diet



The Nutrium logo features a stylized white icon of a person or a shield-like shape on the left, followed by the word "nutrium" in a lowercase, white, sans-serif font on a teal background.

DietoPro

As part of our commitment to comprehensive and applied training, all students enrolled in this program will receive **free access** to the **DietoPro** license, specialized in nutrition and valued at approximately **30 euros**. This platform will be available throughout the course. Its use enriches the learning process, facilitating the immediate implementation of the knowledge acquired.

It is an advanced solution that allows users to create personalized plans, record and analyze daily intake, and receive recommendations tailored to each individual. Its intuitive interface and solid technological foundation provide a practical experience aligned with current standards of well-being and digital health.

Key Features:

- ♦ **Personalized Nutrition Planning:** Design meal plans tailored to specific goals, preferences, and requirements
- ♦ **Diet Tracking and Monitoring:** Facilitate nutritional control through dynamic reports and detailed nutrient analysis
- ♦ **Intelligent Suggestions:** Uses artificial intelligence to propose adjustments and personalized recommendations
- ♦ **Integration with Health Devices:** Compatible with *wearables* and fitness apps for a comprehensive view of physical health
- ♦ **Educational Resources:** Access to content, guides, and expert advice to reinforce healthy habits and promote continuous learning

This **free license** offers a unique opportunity to explore professional tools, solidify theoretical knowledge, and make the most of a high-value practical experience.

i-Diet

Another exclusive benefit of this university program is **free access to i-Diet**, a nutritional assessment tool valued at **180 euros**.

This flexible platform allows users to modify food and recipe databases, as well as add new elements intuitively.

i-Diet is designed to adapt to different professional needs, enabling the customization of nutritional plans from the first day of the course. The tool incorporates artificial intelligence in its calculations, developed with the support of the Department of Mathematical Modeling at ETSIMO, ensuring precision and scientific rigor in every assessment.

Key Features:

- ♦ **Editable Database:** Access to food and recipes with full customization options
- ♦ **AI-Powered Calculations:** Optimized algorithms for precise and efficient evaluations
- ♦ **Over 1,000 Supervised Recipes:** Content developed by dietitian-nutritionist Cristina Rodríguez Bernardo
- ♦ **Multiple Body Measurements:** Compatible with BIA, ultrasounds, infrared, skinfold calipers, and circumferences
- ♦ **Intuitive Interface:** Easy to use both in consultations and for clinical follow-up

Free **access to i-Diet** during the course provides an invaluable opportunity to apply theoretical knowledge, improve nutritional decision-making, and strengthen the technical skills of professionals.

Nutrium

Accessing **Nutrium**, a professional platform valued at **200 euros**, is a unique opportunity to optimize patient management. This advanced system allows users to record medical histories, schedule appointments, send reminders, and conduct online consultations, facilitating communication through its mobile app.

Additionally, this exclusive and **free-access** license provides tools for tracking nutritional goals, enabling clients to update their progress in real time. This enhances treatment adherence and improves the effectiveness of dietary recommendations.

Key Features of Nutrium:

- ♦ **Complete Client Management:** Detailed records, appointment scheduling, and automatic reminders
- ♦ **Continuous Communication:** Online consultations and a mobile app for patients
- ♦ **Nutritional Goal Monitoring:** Tools to set and track specific objectives
- ♦ **Real-Time Updates:** Patients can directly report their progress
- ♦ **Treatment Efficiency:** Improved adherence and better outcomes for dietary plans

This platform, available **at no cost** during the program, will allow students to apply their knowledge practically, supporting a comprehensive and efficient approach to nutrition.

07

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

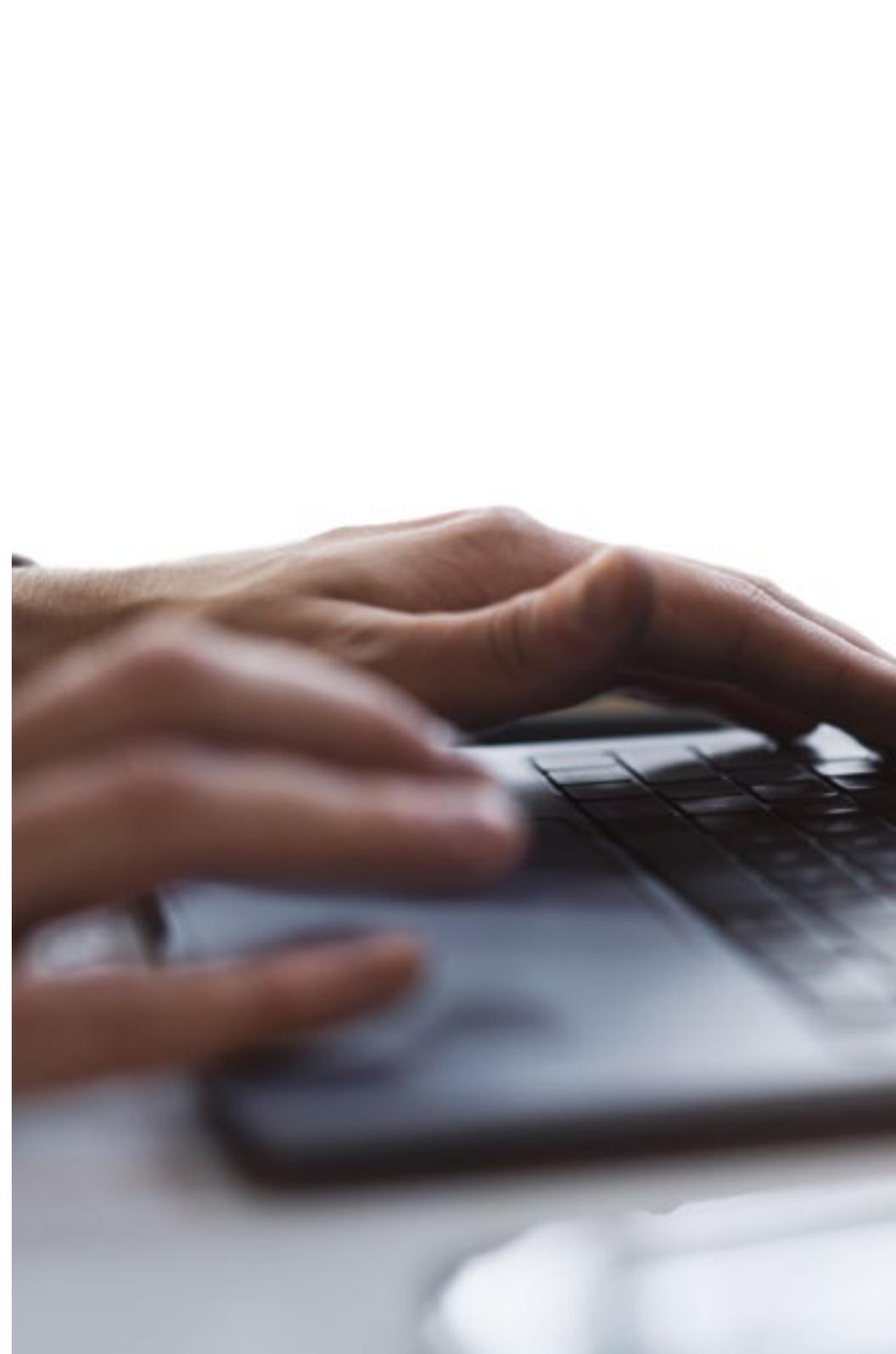
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

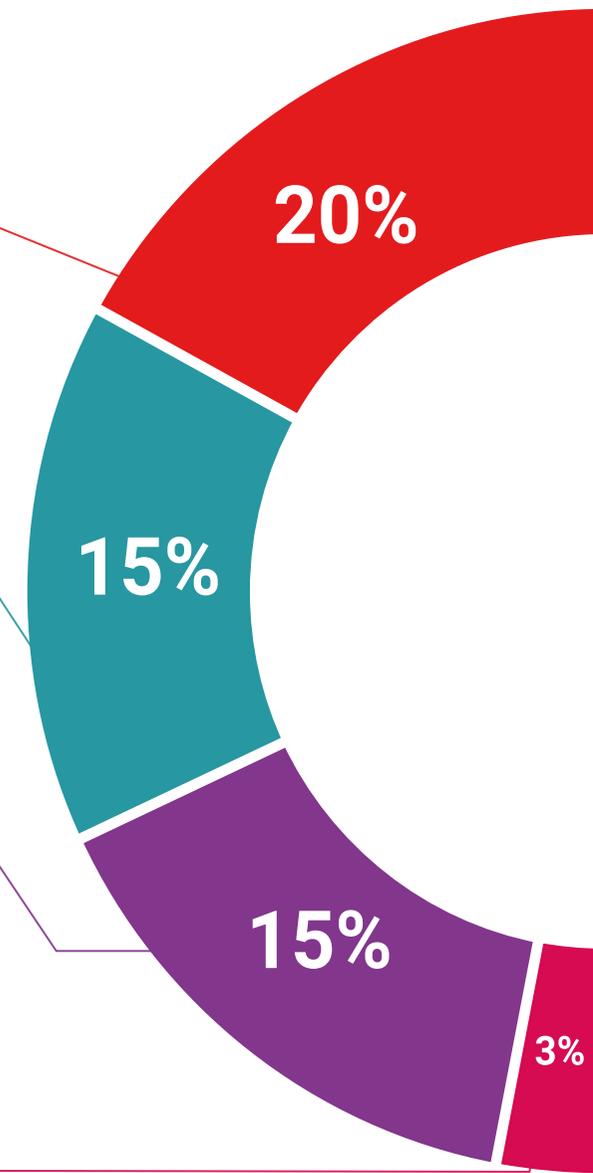
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

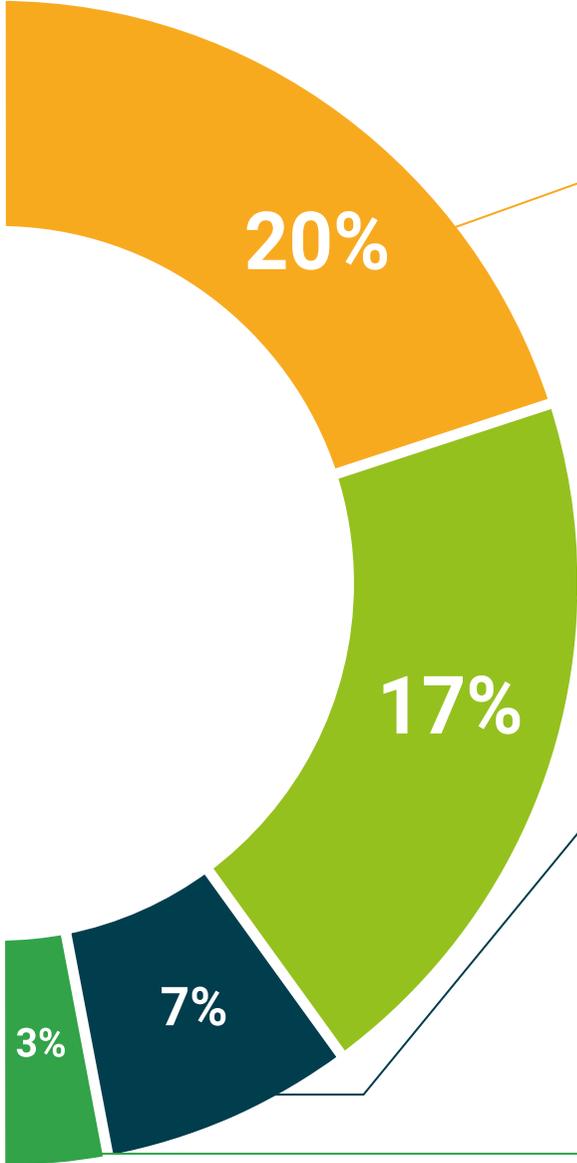
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.
Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



08

Teaching Staff

The teaching team, composed of experts in Sports Nutrition, combines extensive professional prestige with a solid academic background. Thanks to their vast experience, these specialists have designed a university program that incorporates the latest updates in the field, ensuring high-quality training. Through their personalized guidance and access to cutting-edge resources, the faculty is committed to providing the necessary tools to enhance students' careers. In this way, students will have the opportunity to acquire advanced skills focused on the current needs of the sector, helping them stand out in this professional field.





“

You will benefit from the personalized guidance of the teaching team, made up of renowned experts in Sports Nutrition applied to Special Populations”

International Guest Director

Jamie Meeks has demonstrated throughout her career her dedication to **Sports Nutrition**. After graduating from Louisiana State University with a degree in Sports Nutrition, she quickly rose to prominence. Her talent and commitment were recognized when she received the prestigious **Young Dietitian of the Year** award from the Louisiana Dietetic Association, an achievement that marked the beginning of a successful career.

After completing her bachelor's degree, Jamie Meeks continued her education at the University of Arkansas, where she completed her internship in **Dietetics**. She then went on to earn a Master's Degree in Kinesiology with a specialization in **Exercise Physiology** from Louisiana State University. Her passion for helping athletes reach their full potential and her tireless commitment to excellence make her a leading figure in the sports and nutrition community.

Her deep knowledge in this area led her to become the first **Director of Sports Nutrition** in the history of Louisiana State University's athletic department. There, she developed innovative programs to meet the dietary needs of athletes and educate them on the importance of proper nutrition for **optimal performance**.

Subsequently, she has held the position of **Director of Sports Nutrition** for the NFL's **New Orleans Saints**. In this role, she is dedicated to ensuring that professional players receive the best nutritional care possible, working closely with coaches, trainers, physical trainers and medical staff to optimize individual performance and health.

As such, Jamie Meeks is considered a true leader in her field, being an active member of several professional associations and participating in the advancement of **Sports Nutrition** on a national level. In this regard, she is also a member of the **Academy of Nutrition and Dietetics** and the **Association of Collegiate and Professional Sports Dietitians**.



Ms. Meeks, Jamie

- ♦ Director of Sports Nutrition for the New Orleans Saints of the NFL, Louisiana, United States
- ♦ Sports Nutrition Coordinator at Louisiana State University
- ♦ Registered Dietitian by the Academy of Nutrition and Dietetics
- ♦ Certified Specialist in Sports Dietetics
- ♦ Master's Degree in Kinesiology with specialization in Exercise Physiology from the Louisiana State University
- ♦ Degree in Dietetics from Louisiana State University
- ♦ Member of: Louisiana Dietetic Association, Association of Dietitians Collegiate and Professional, and Dietetic Practice Group of Cardiovascular Sports Nutrition and Wellness

“

Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Dr. Marhuenda Hernández, Javier

- ♦ Nutritionist in Professional Soccer Clubs
- ♦ Head of Sports Nutrition. Club Albacete Balompie SAD
- ♦ Head of Sports Nutrition. Catholic University of Murcia, UCAM Murcia Football Club.
- ♦ Scientific Advisor. Nutrium
- ♦ Nutritional Advisor. Impulse Center
- ♦ Teacher and Coordinator of Postgraduate Studies.
- ♦ Doctorate in Nutrition and Food Safety. San Antonio Catholic University of Murcia
- ♦ Degree in Human Nutrition and Dietetics. San Antonio Catholic University of Murcia
- ♦ Master's Degree in Clinical Nutrition. San Antonio Catholic University of Murcia
- ♦ Academic. Spanish Academy of Nutrition and Dietetics (AEND)

Teachers

Dr. Arcusa Saura, Raúl

- ♦ Nutritionist. Sport Club Castellón
- ♦ Nutritionist in several semi-professional clubs in Castellón.
- ♦ Researcher. San Antonio Catholic University of Murcia
- ♦ Undergraduate and Graduate Faculty
- ♦ Graduate in Human Nutrition and Dietetics
- ♦ Master's Degree in Nutrition in Physical Activity and Sport

Dr. Montoya Castaño, Johana

- ♦ Sports Nutritionist
- ♦ Nutritionist. Ministry of Sports of Colombia (Mindeportes).
- ♦ Scientific Advisor. Bionutrition, Medellín
- ♦ Undergraduate Sports Nutrition Teacher.
- ♦ Nutritionist Dietitian. University of Antioquia
- ♦ Master in Nutrition in Physical Activity and Sport. San Antonio Catholic University of Murcia

**Dr. Martínez Noguera, Francisco Javier**

- ◆ Sports nutritionist at CIARD-UCAM
- ◆ Sports nutritionist at Jorge Lledó Physiotherapy Clinic
- ◆ Research assistant at CIARD-UCAM
- ◆ Sports nutritionist at UCAM Murcia Football Club
- ◆ Nutritionist at SANO Center
- ◆ Sports nutritionist at UCAM Murcia Basketball Club
- ◆ PhD in Sports Science from the Catholic University San Antonio de Murcia
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics at the Catholic University San Antonio of Murcia.
- ◆ Master's Degree in Nutrition and Food Safety at the Catholic University San Antonio of Murcia.

Dr. Ramírez Munuera, Marta

- ◆ Sports Nutritionist expert in strength sports
- ◆ Nutritionist. M10 Health and Fitness. Health and Sports Center
- ◆ Nutritionist. Mario Ortiz Nutrition
- ◆ Trainer in Sports Nutrition Courses and Workshop
- ◆ Speaker at conferences and seminars on Sports Nutrition
- ◆ Degree in Human Nutrition and Dietetics. San Antonio Catholic University of Murcia
- ◆ Master in Nutrition in Physical Activity and Sport. San Antonio Catholic University of Murcia

09

Certificate

The Master's Degree in Sports Nutrition in Special Populations guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University..



“

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This private qualification will allow you to obtain a **Master's Degree in Sports Nutrition in Special Populations** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

TECH is a member of the distinguished professional organization **The Chartered Association of Sport and Exercise Sciences (CASES)**. This membership reaffirms its commitment to excellence in management and specialized training in the sports field.

Accreditation/Membership



Title: **Master's Degree in Sports Nutrition in Special Populations**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
online training
development language
virtual classroom



Master's Degree
Sports Nutrition in
Special Populations

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree

Sports Nutrition in Special Populations

Accreditation/Membership

